MOTIVATIE SI AFECTIVITATE

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***Abstract**: Spre deosebire de animale care sunt fiinte reactive ce actioneaza predominant instinctiv, omul este o fiinta prin excelenta activa, intervenind asupra mediului in care traieste prin intermediul experientei acumulate, a capacitatii de previziune si planificare si mai ales sub impulsul multiplelor sale necesitati in continua amplificare. Relatiile omului cu mediul in procesul complex al adaptarii se realizeaza datorita capacitatilor sale cognitive (perceptii, reprezentari, gandire, memorie imaginatie) dar si functiilor reglatorii cu care este inzestrat sistemul sau psihic. Desigur, intre procesele cu rol de reglare a activitatii umane, vointa are o pozitie suprema, lucru ce nu minimalizeaza insa importanta motivatiei si afectivitatii, cele doua componente bazale, fundamentale ale tuturor actiunilor umane.*

***Cuvinte cheie:** afectivitate, educaţie, motivaţie, personalitate*

Motivatia se defineste ca fiind fenomenul psihic reglator ce consta in ansamblul necesitatilor interne (aparute ca urmare a dezechilibrelor energetice) ce declanseaza si sustin activitatea omului, in timp ce **afectivitatea** este procesul reglator ce reflecta relatiile dintre subiect si obiect in forma unor trairi subiective, rezultate din satisfacerea sau nesatisfacerea unor trebuinte. Asadar, daca motivatia poate fi considerata "motorul" vietii noastre psihice, afectivitatea constituie suportul sau "combustibilul" energetic sau si totodata ecoul sau rezonanta in subiect a stimulilor ce actioneaza din exterior sau din interior, in functie de starea interna a individului la un moment dat. Afectivitatea reflecta relatia subiectului cu

MOTIVATION AND AFFECTIVITY

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***Abstract**: In contrast to animals that are reactive beings acting predominantly instinctively man is by excellence an active person who leaves his mark on the environment in which he lives through the accumulated experience, his ability to forecast and plan and especially under the impetus of his numerous needs in continuous process of growth. People's relationship with the environment in the complex process of adaptation is achieved due to his cognitive abilities (perceptions, representations, thinking, memory, imagination), and the reglatory functions with which the mental system is equipped with. Of course, among the processes that play a role in the regulation of human activity the will has a supreme position, which does not downplay the importance of motivation and affection, the two basic fundamental components of all human actions.*

***Keywords:** affectivity, education, motivation, personality*

Motivation is defined as the psychic regulator phenomenon consisting of all domestic needs (arising from the energetic imbalances) that trigger and sustain human activity, while affection is the regulator process that reflects the relationships between subject and object in the form of some subjective experiences, resulted from the meeting or failure to satisfy some needs. Thus, if motivation can be considered the "engine" of our psychic life, affectivity constitutes the support or energetic "fuel" or the echo or resonance and also the subject of the stimuli acting from the outside or inside, depending on the internal status of the individual at a certain time. Affectivity reflects the relationship between the subject

obiectul, ceea ce justifica de ce acelasi obiect provoaca trairi afective diferite. De exemplu, vizita unei persoane cunoscute te poate bucura atunci cand ai nevoie de comunicare dar te poate irita atunci cand este mai puternica trebuinta de odihna.

Fiind o entitate in acelasi timp biologica, psihica si sociala, omul normal se caracterizeaza printr-o multitudine de trebuinte, motive, interese, convingeri, etc, pe care insa nu si le poate satisface integral si imediat, fapt ce-i provoaca o diversitate de trairi afective mai simple sau mai complexe, pozitive sau negative, trecatoare sau de durata, etc. Prin urmare, coexistenta celor doua categorii de fenomene psihice este evidenta si obligatorie. Din perspectiva ontogenetica, motivatia si afectivitatea, care au o baza innascuta, evolueaza de la forme mai simple la forme mai complexe si variate sub influenta conditiilor de mediu social-cultural, la trebuintele organice, biologice, se adauga treptat cele de securitate, afiliere, stima si autorealizare, dupa cum arata piramida trebuintelor realizata de psihologul american Abraham Maslow. Toate aceste tipuri de trebuinte pot semnaliza la un moment dat un deficit, o stare de saturatie sau suprasaturatie, ceea ce provoaca trairi afective diferite: fie insatisfactie, neplacere, fie incantare, placere sau de zgomot. Motivatia se exprima in emotie, dar si emotiile se repercuteaza asupra motivelor, declansand actiunea. Acest din urma aspect este in general cunoscut, de exemplu, in domeniul comertului cand, prin realizarea de ambalaje si prezentari de produse "emotionante" (afectogene) se vizeaza si chiar se realizeaza de multe ori crearea trebuintei de a poseda respectivele produse si, deci, declansarea actiunii de cumparare a lor. Ingemanarea celor doua fenomene a facut ca ele sa fie diferite unul prin celalat astfel, procesele afective au fost considerate "procese afective, condensate, cristalizate", aceasta pentru ca unele motive i-au dat nastere in urma acumularii unor trairi afective pozitive care tind sa se repete,

and the object, which justifies why the same object causes different emotional feelings. For example, the visit of someone you know can make you happy when you need communication but it may irritate you when the need of rest is stronger.

Being a biological, psychological and social entity at the same time, a normal person is characterized by a multitude of needs, motives, interests, beliefs, etc., which he cannot fully and immediately satisfy, which causes a variety of emotional feelings simple or complex, positive or negative, fleeting or lasting etc. Therefore, the coexistence of the two categories of psychic phenomena is obvious and obligatory. In terms of ontogenetic, motivation and affectivity, which have an innate base, evolve from simpler forms to more complex and varied forms under the influence of socio-cultural environment, and at the general organic, biological needs, are gradually added the ones of security, affiliation, esteem and self-achievement, as evidenced by the pyramid of needs made by the American psychologist Abraham Maslow. All these types of needs can at a certain time signal a deficiency, a state of saturation or super-saturation, which causes different emotional feelings: dissatisfaction, annoyance or delight, pleasure or noise. Motivation is expressed through emotion, and emotions are consequential on the grounds, triggering the action. This last aspect is generally known, for example, in commerce when, by making “emotional” packaging and product presentations often create the need to possess these products and, thus triggering the action of purchasing them. The twinning of the two phenomena has made them be different from one another so affective processes were considered "emotional condensed and crystallized processes", because some reasons gave birth to it after the accumulation of emotional positive experiences that tend to repeat, causing a state of internal tension that needs to be satisfied, while others are formed by living a or certain negative emotions that

provocand o stare de tensiune interna ce se cere satisfacuta, in timp ce altele se formeaza prin trairea unei sau unor emotii negative ce genereaza actiuni de evitare, respingere, de exemplu nevoia de a asculta genul de muzica preferat, in timp ce este satisfacuta, provoaca placere, bucurie, dar aceasta nevoie insasi a luat nastere tocmai prin condensarea bucuriilor traite anterior, la ascultarea respectivei muzici, care daca n-ar fi fost auzita, nici nu ar fi provocat aparitia unei asemenea trebuinte. Acest exemplu conduce la ideea dependentei trebuintelor specifice umane (materiale, spirituale) de mediul socio-cultural si istoric in care individul creste si se dezvolta. Trebuintele si valorile mediului in care traieste ii sunt inoculate sau le interiorizeaza trecandu-le prin filtrul propriei personalitati dar totodata individul isi dezvolta o gama variata de trairi afective ca si diferite modalitati de exprimare a acestora. Prin urmare, saracia sau bogatia ca si calitatea influentelor sociale asupra fiecarei personalitati se soldeaza cu dezvoltarea unui sistem mai simplu sau mai complex de trebuinte si trairi afective, astfel se explica de ce unii oamnei sunt fericiti, multumiti daca au ce manca si ce bea, in timp ce altii traiesc toata viata sentimentul neimplinirii care ii determina sa caute permanent frumosul, dreptatea, etc.

Satisfacerea sau nesatisfacerea trebuintelor, insotite de trairi afective corespunzatoare, depind, asadar de corelarea factorilor interni cu cei externi de unde rezulta struncturi motivationale si afective diferite la fiecare om in parte, astfel incat caracteristicile celor doua fenomene psihice in sinteza cu altele, dau nastere trasaturilor de personalitate ce sunt definitorii pentru orice om. Dorintele, motivele, aspiratiile omului impreuna cu sentimentele, convingerile sale, genereaza atitudinile sale, ii contureaza deci caracterul, ele jucand rolul unui selector de informatii si situatii. (Omul bun, milos, tandru se va comporta altfel decat cel nemilos, distant). De aceea s-ar putea spune, parafrazand un vechi proverb:"Spune-mi ce

generate actions of avoidance, rejection, for example the need to listen to your favorite music genre, while it is satisfied, it causes pleasure, joy, but this very need was born just out of condensation of the joys previously experienced at hearing that music, which if it had not been heard, it would not have caused the appearance of such a need. This example leads to the idea of dependence of the human specific needs (material, spiritual ...) on the socio-cultural and historical environment in which the individual grows and develops. The needs and the values of the environment in which he lives are inoculate or are internalized by passing them through the filter of his own personality but, at the same time the individual develops a wide range of different emotional experiences and different modalities of expressing them. Thus, poverty or richness as well as the quality of the social influences on each personality leads to the development of a simpler or more complex system of necessities and emotional experiences, which explains why some people are happy, satisfied if they have something to eat and drink, while others live all their lives feeling unfulfilled and trying to seek beauty , justice, etc.

Satisfactory or unmet needs accompanied by appropriate emotional experiences depend on the correlation of the internal factors with the external ones hence the different motivational and affective structures characteristic to each person, so that the features of the two psychic phenomena in synthesis with others, give rise to traits of personality that are characteristic for any person. The desires, the reasons, the human aspirations together with the feelings and beliefs generate his attitudes moulding his character; they play the role of a selector of information and situations. (A good, compassionate, kind man will behave differently from a cruel, distant one.) .That is why it might be said, paraphrasing an old proverb: "Tell me what interests you like to say who you are".

Another relevant aspect related to the

interese ai ca sa-si spun cine esti".

Un alt aspect relevant pentru relatia celor doua fenomene este faptul ca toate calitatile proceselor afective se manifesta in functie de motivatie astfel: **polaritatea** depinde pe de o parte de realizarea sau nerealizarea trebuintelor, dorintelor care creeaza starile afective pozitive sau negative iar pe de alta parte caracterul stenic sau astenic al acestora este apreciat in relatiile lor cu motivele care pot declansa si sustine actiunea sau o pot frana, bloca, amana; **intensitatea** proceselor afective este dependenta de valoarea obiectului pentru subiect; **mobilitatea** lor se apreciaza in functie de aparitia unor noi motive (astfel s-ar vorbi de fluctuatie); **durata** trairilor afective depinde de timpul in care actioneaza motivul corespunzator, expresivitatea (capacitatea de exteriorizare a trairilor afective) este de mai mare sau de mai mica amploare (cuprinzand mai multe sau mai putine modificari organice, mimico-gesticulare, verbale) in functie de complexitatea si intensitatea trebuintelor.

Conduita expresiva la om, fiind in mare masura invatata social, poate fi reglata voluntar, putand fi similata cu scopul de a satisface anumite trebuinte; de exemplu dorinta de a impresiona, de a obtine stima sau ajutorul celorlalti, conduce la adoptarea unei anumite mimici ce exprima disperare, bunavointa,etc. Trebuinta de comunicare poate fi satisfacuta si prin expresiile emotionale nu doar prin limbajul normal, articulat, ceea ce si fac persoanele surdo-mute care articuleaza asa-numitul "limbaj mimico-gesticular".

Formele motivatiei se stabilesc in buna masura pe baza implicarii factorilor emotionali: motivatia pozitiva (fata de cea negativa) este provocata de factori premiali (lauda, elogii) care produc trairi afective pozitive ce sunt in general stenice; motivatia intrinseca (fata de cea extrinseca) este provocata de chiar priceperea desfasurarii actiunilor respective (ex.:cineva alearga de dragul miscarii si nu pentru a prinde

relationship of the two phenomena is that all qualities of the affective processes manifest depending on motivation as follows: polarity depends on the one hand on the achievement or failure of meeting needs, desires that create positive or negative moods and on the other hand their invigorating or asthenic character is appreciated in their relationships with the reasons that can trigger and sustain the action or can brake, block, or delay it, the intensity of the affective processes is dependent on the value of the object to the subject, their mobility is estimated based on the emergence of new grounds (this would mean talking about fluctuation); the duration of the emotional experiences depends on how long they act properly motivated, the expressiveness (the ability of externalizing affective feelings) is greater or smaller (including more or less organic changes, body or verbal gestures) depending on the complexity and intensity of the needs.

Expressive conduct in the human being largely socially taught can be set voluntarily, being the same as the target to meet certain necessities; thus the desire to impress, to gain esteem and help others leads to the adoption of a certain mimics that expresses despair, kindness, etc. The need to communicate can be also satisfied through the emotional expressions not only through the normal articulated language. That is what the deaf - mute people do, articulating the so-called "sign language gestures".

The forms of motivation are determined to a great extent by the involvement of emotional factors: the positive motivation (to the negative one) is caused by base factors (praise, praise) that produse positive emotional experiences that are generally stenic; the intrinsic motivation (to the extrinsic one) is caused by the understanding of the actions carried out (for example someone runs for the sake of the movement and not to catch the bus!); emotional motivation (different from the cognitive one) aims to obtain or maintain one's affection.

autobuzul!); motivatia afectiva (diferita de cea cognitive) vizeaza obtinerea sau mentinerea afectiunii cuiva.

Functia de baza a acestor doua fenomene psihice puse in discutie este in esenta aceeasi: de reglare a activitatii prin conexiune inversa; aceasta inseamna ca o activitate ce se desfasoara ce conduce la atenuarea trebuintei si aparitia unei trairi afective, acestea neputand in continuare derularea activitatii ulterioare. Reglarea activitatii umane se realizeaza printr-o conlucrare intre motive si trairi afective; rezolvarea unor sarcini a caror dificultate este cunoscuta de subiect, necesita o stare de optimum motivational afectiv ce consta in energizarea interna proportionala cu gradul de dificultate al acestuia.

Optimumul motivational afectiv consta intr-o usoara supramotivare, sarcina propusa fiind simpla si o usoara submotivationare pentru sarcina presupusa grea. Se observa ca intervin deci si elemente intelectuale si voluntare ale psihicului. Structurile superioare ale motivatiei umane (interese, convingeri, idealuri; conceptia despre lume si viata) contin pe langa procesele afective superioare (sentimente, pasiuni) si elemente de gandire, imaginatie, vointa care presupun, implicit, participarea memoriei, limbajului intr-un cuvant al intregului SPU. Acesta legatura stransa intre toate fenomenele psihice face posibil ca, actionand asupra unuia sa obtii modificari ale altuia sau ale intregului sistem.

Astfel, de exemplu inducand o emotie mai puternica prin anuntarea unui eventual extemporal sau a unei inspectii la clasa, profesorul poate obtine cresterea motivatiei invatarii si participarii la lectie a acestora. De asemenea, solutionarea conflictelor motivationale inerente datorita existentei la fiecare om a unei "constelatii" de motive, se poate obtine prin participarea factorilor rationali, prin analiza si compararea motivelor concurente care permit optarea pentru motivul superior; in care insa intervin preponderent factorii afectivi, este posibil ca

The basic function of these two psychic phenomena under discussion is essentially the same: control activities through reverse connection; that means that an activity that takes place and leads to alleviate a need and the occurrence of emotional experiences, they may still conduct further activities. .Regulation of the human activity is done through a collaboration between reasons and emotional experiences; the solving of some tasks whose difficulty is known to the subject requires an optimum, emotional and motivational status consisting in the internal energizing proportional to its level of difficulty. of its

The emotional motivational optimum consists of a supra-motivation, the task proposed being simple, and a slight sub-motivation for the task alleged to be difficult. It is to be noticed that there are intellectual and voluntary elements of the human psychic. The upper structures of human motivation (interests, beliefs, ideals, worldview and life) contain, besides the higher affective processes (feelings, hobbies), elements of thought, imagination, willpower involving implicitly the participation of the memory or the language, in a word the entire SPU. This tight connection between all the psychic phenomena makes it possible that, by acting on one only to get changes on the other or the whole system.

Thus, inducing a stronger emotion by announcing a possible test or a class inspection the teacher can get motivation increase in learning and participating in the lesson of the students. Moreover, the solving of the motivational conflicts inherent because of the existence in every person of a "constellations" of reasons can be achieved by the participation of the rational factors, by analyzing and comparing the competing grounds that allow opting for the higher ground; but in this case mostly affective factors manifest themselves, so it is possible that the subject's option to target reasons of value having minor effects on his personality.

The analysis of motivation and

optiunea subiectului sa vizeze motive de valoare deci cu efecte minore asupra personalitatii sale.

Analiza motivatiei si afectivitatii in cadrul complexului SPU releva o intreaga retea de forte ce actioneaza in plan subiectiv in stransa legatura cu cel obiectiv, generand astfel individualitatea si unicitatea fiintei umane, modul propriu, personal, de a actiona al fiecaruia dintre noi.

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affection in the SPU complex reveals an entire network of forces acting on the subjective level plan closely related to the objective one, thereby generating the individuality and uniqueness of the human being, the own personal way of acting of each of us.

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